

PHYSICAL EDUCATION AND HEALTH



MR. LOPEZ'S
NEWSLETTER: FALL



GREETINGS PARENTS,
IT'S GOING TO BE AN ACTION
PACKED YEAR AT MERRYHILL
ELEMENTARY. IF YOU HAVE ANY
QUESTIONS FEEL FREE TO
CONTACT ME:
BRENDAN.LOPEZ@NLCINC.COM

FALL ACTIVITIES: FLAG FOOTBALL,
OLYMPIC HANDBALL, TRACK AND
FIELD, PICKLEBALL PARACHUTE FUN,
IN-CLASS READINGS, STREET
HOCKEY, CALISTHENICS,
SLACKLINE, BADMINTON, SOCCER,
KICKBALL ETC.....

PHYSICAL EDUCATION AND HEALTH VOCAB

KINDER AND 1ST	2ND AND 3RD	4TH, 5TH
Stance	Composure	Self-Concept
Penalty	Peer Pressure	Habit
Sportsmanship	Compassion	Goal Setting
Team Player	Self-Confidence	Communication
Self-Control	Body Language	Compromise

-HEALTH AWARENESS DATES- FOR SEPTEMBER



- NATIONAL FAMILY HEALTH AND FITNESS DAY SEP. 24TH
- NATIONAL FRUITS AND VEGGIES MONTH

-HEALTH AND WELLNESS-
ROUGHLY 90% OF AMERICANS
DON'T EAT THE RECOMMENDED
DAILY AMOUNT OF FRUITS AND
VEGETABLES ACCORDING
TO THE CENTER FOR DISEASE
CONTROL.

